

SMART Leaders

Brief Program Description

SMART Leaders is a curriculum-based program that uses role-playing, group activities, and discussion to promote social and decision-making skills in racially diverse 14- to 17-year-olds. This program is a 2-year booster program for youth who have completed "Stay SMART," a component of Boys & Girls Clubs of America's SMART Moves program. It reinforces the substance abuse prevention skills and knowledge of the first program, with sessions on self-concept, coping with stress, and resisting media pressures. As participants advance in the program, they are involved in educational discussions on alcohol, tobacco, and drugs and have the opportunity to recruit other youth for the program and assist with sessions offered to younger boys and girls. Evaluation results show the effectiveness of this multiyear approach in promoting refusal skills and creating drug-free peer leaders. The SMART Leaders program, with other SMART Moves components, can be implemented in community-based youth organizations, recreation centers, and schools, in collaboration with all local Boys & Girls Clubs. All the demonstration projects were implemented in Boys & Girls Clubs, a number of which are in or adjacent to public housing projects.

Contact Information

For indepth information on this program, please use the contact listed below.

Program Developer

Sharon Hemphill
Sr. Director of Health Life Skills
Boys & Girls Clubs of America
1230 West Peachtree Street, NW
Atlanta, GA 30309-3447
Phone: (404) 487-5766
Fax: (404) 487-5789
Web site: www.bgca.org